

UNA Quarantine & Isolation Guidelines

Isolation Guidance (If you tested positive for COVID-19)

- Call Health Services at 256-765-4328
- Stay home for 5 days
 - o If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
 - o It is not required, but you could test on day 5, if available.
 - o Continue to wear a mask around others for 5 additional days.
 - o If your symptoms are not resolving after 5 days, call Health Services and quarantine an additional 5 days.

Quarantine Guidance (If you were exposed to someone with COVID-19)

IF YOU:

- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months **OR**
- Completed the primary series of J&J vaccine within the last 2 months **OR**
- Have been boosted:
 - o You do not quarantine.
 - o Wear a mask around others for 10 days.
 - o It is not required, but you could test on day 5, if available.
 - o If you develop symptoms, call Health Services and schedule a test.

IF YOU:

- Completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are not boosted **OR**
- Completed the primary series of J&J over 2 months ago and are not boosted **OR**
- Are unvaccinated:
 - o Call Health Services at 256-765-4328.
 - o Stay home for 5 days.
 - o Wear a mask when around others for 10 days.
 - o It is not required, but you could test on day 5, if available.
 - o If you develop symptoms, call Health Services and schedule a test.